

Double the Level

Increase Level

Prevent Breakdown

Smarter Better learning & memory formation
Faster book

Forskolin - increases cyclic adenosine monophosphate / essential to

- Can combine with anticholinergic extract (PDE-4) enzyme that breaks down cyclic AMP.

Bulletproof Choline Force
prevents breaking down acetylcholine

Start dieting properly
Start with natural nootropics create weekly intake formula (mg)

Top 12 nootropics from Entrepreneur / Combat Veterans: Experienced.
Taken for nearly a decade - cognitive focus is on point.

Oxycetone - resuscitates brain from sleep deficit OXR @ 1600mg daily

Anisacetone - amphetamine working memory with caffeine 700-1000 daily
micro dose 150 mg to reach 500 per 2 hours

Theacrine - accumulates in plant (Clenche Tree) methyl + caffeine - longer half-life
no anxiety, more potent, more wakefulness. 25-75mg avg 25-200mg

4. Nootropil Akcel Spree - Synthesized in Russia. Catecholamine improves signaling
brain drive nerve growth in cerebellar cortex hippocampus. Focus
motivation add distilled water for more potent effects 1 spray not to
exceed 5 sprays

5. Uridine monophosphate: powerful motivation, energy, verbal neurogenesis,
synaptogenesis, neurite outgrowth, dopamine receptors, pseudocoin receptors
density. 75-500mg around 250mg

6. CDP Choline: bioenergetics in prefrontal cortex.
75-200mg around 75mg

7. L-Tyrosine: precursor to dopamine epinephrine, norepinephrine, thyroid
hormones. Mental clarity 200mg-1000mg - 500 to 500mg

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